

# Live Like Your Life Depends On It.



Live Well  
MESSAGE ALLIANCE

*Worth a million  
hours in front of  
the TV.*

[WWW.LIFEDEPENDSONIT.COM](http://WWW.LIFEDEPENDSONIT.COM)



Would you trade a night on the couch with a bag of chips for a day like this? Put down the remote and take a walk. Exercise can add years of great times like this to your life.

***Being active 30 minutes or more on most days of the week can help you feel great!***

Visit [www.lifedependsonit.com](http://www.lifedependsonit.com) for more information.

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